

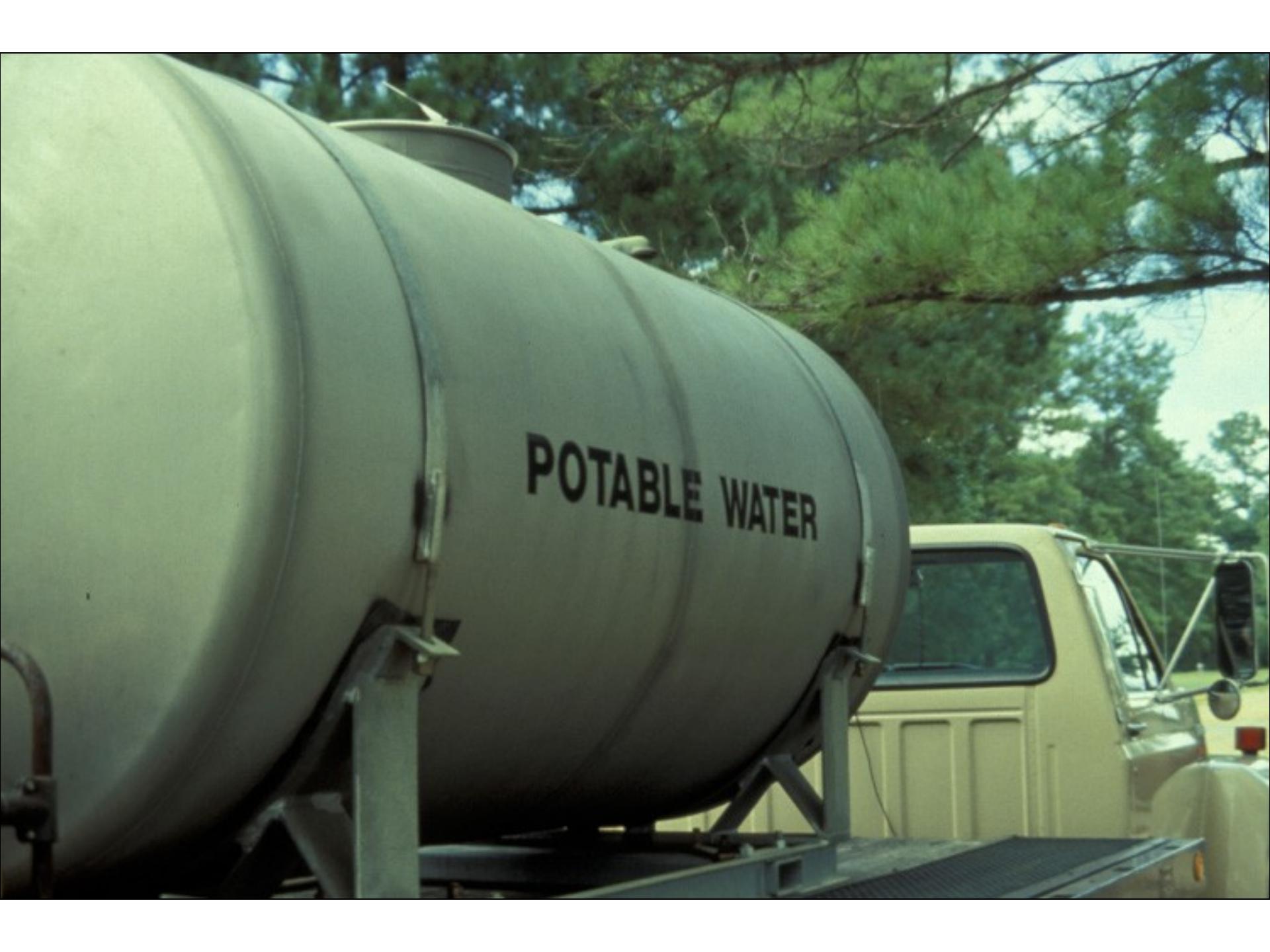






dehydrated

hydrated



POTABLE WATER









"There's no time
to eat a meal."







6 AM



7



6 PM











high carbohydrate
snacks







